HEMI-SYNC™ Journal

Vol. XI Fall 1993 No. 4

A Publication of The Monroe Institute

IN THIS ISSUE

1993 PROFESSIONAL SEMINAR OVERVIEW i

HEMI-SYNC IN SUPPORT OF A CONFLICT-MANAGEMENT WORKSHOP ii
James Akenhead provides an overview of possible ways in which Hemi-Sync may enrich and enliven workshop formats.

USE OF THE HEMI-SYNC *SUPER SLEEP* TAPE WITH A PRESCHOOL-AGED CHILD iv
Hemi-Sync is the key to balancing a disruptive sleep pattern in this report by Leanne Rhodes.

THE EFFECT OF HEMI-SYNC ON THE SLEEP OF HYPNOTICS-ADDICTED PATIENTS.....v
Pill panaceas or Hemi-Sync? Regis Louis's pilot project explores the dichotomy.

1993 PROFESSIONAL SEMINAR OVERVIEW

From July 24 through July 30, Professional Members from Canada, Great Britain, Italy, South Africa, Switzerland, and the United States convened at the Nancy Penn Center in Faber, Virginia, for the Eleventh Annual Professional Seminar.

The theme of this year's gathering, *Transformation & Rebirth: Cycles of Life 1993*, was evocative of the reorganization and evolution taking place at The Monroe Institute and changes occurring in the lives of individual members. It was perfectly expressed by the array of feature presentations forming the core of seminar activities.

The initial presentation described a two-year research project demonstrating the ability of hemispheric synchronization frequencies, positive affirmations, and autogenic training to ease pregnancy and the birth process for both mother and child. Other offerings covered the spectrum of healing, learning, and creativity occupying the space between birth and the death transition. In one session, participants completed a personal profile instrument and used it to consider Hemi-Sync's usefulness for managing individual style in a variety of life situations. It was suggested that our habitual style accompanies us into the experience and reporting of alternative consciousness levels. This was followed by an update on current Hemi-Sync research indicating that the unique consciousness states engendered by binaural beat stimuli allow access to a greater range of dissociative and transcendent states of awareness. A newly developed computer program gave seminar attendees the opportunity to test their ability to intuit random numbers while in Hemi-Sync consciousness categories (e.g., Focus 10 through 21) with immediate feedback. Innovative use of Hemi-Sync with color and light to improve vision and thus contribute to overall life quality and balance comprised another segment. In the arenas of healing and learning, initial testing of study workshops incorporating tapes from the *Progressive Accelerated Learning (PAL)* albums and exploration of anomalous healing in a group setting with the *Dolphin Energy Club* tape were explored. A report on the status of the Positive Immunity Program provided poignant, "living" insights into how Hemi-Sync acts in support of physical, emotional, and mental healing for long- and short-term survivors of AIDS. This dynamic session included a guided Hemi-Sync exercise for healing of oneself and others. The final presentation defined four fundamental styles of energy, expressed in our own bodies and sexuality, and how they may be reflected in our beliefs, attitudes, and feelings about dying. The experiential portion of this session allowed everyone to explore four ways of being with death in a Hemi-Sync-supported ambiance. Succeeding issues of the HEMI-SYNC JOURNAL will feature the papers that formed the basis for the presentations. *[Ed. note: Unedited copies of session tapes are available.]*

...Hemi-Sync acts in support of physical, emotional, and mental healing for long- and short-term survivors of AIDS.

Throughout the week, the Open Forum schedule provided a

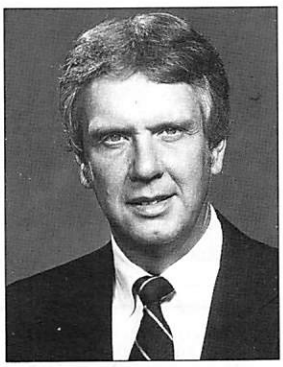
© 1993 The Monroe Institute
Route 1, Box 175, Faber, VA 22938-9749 804/361-9132

platform for members to share their unique healing and teaching skills freely. Topics included light-hearted speculation on how the ancient Egyptians may have employed binaural sound techniques, using *METAMUSIC* to encourage music students to relax and enter the creative flow in a weekend workshop, Hemi-Sync support of the heart focus in life activities, transformation of personal perspectives through Personal Resource Exploration Program *(PREP)* sessions in the Institute lab, *H-PLUS* support for healing and forming new neural pathways following brain trauma, and consideration of the possible benefits of auditory guidance in senior healthcare. A special treat was a virtual-ear-reality environment allowing one to design a self-guided Hemi-Sync experience through all Focus levels. Individual *PREP* sessions were also available.

Bodywork and personal fitness sessions, together with free time for just relaxing (swimming, playing volleyball, walking, or running), struck a balance between the inner and outer. During the Tape Day Intensive, everyone experienced selected tape exercises from the *LIFESPAN 2000* program. The finale was a Celebration of Change to inaugurate the first year of the Professional Membership's second decade. An enthusiastic group sing-along followed an excellent evening of live music by Mark Certo and Clinton Brown.

From the foundation of the unique energy generated by the seminar, members departed with many plans in the formative stages—plans to develop the myriad ways in which the Hemi-Sync technology can be integrated into the cycles of life to enable all to thrive instead of merely survive. What will these plans birth in 1994?

HEMI-SYNC IN SUPPORT OF A CONFLICT-MANAGEMENT WORKSHOP



by James Akenhead, EdD

As a licensed professional counselor, James Akenhead has been a public- and private-sector organizational consultant for fifteen years. A career educator for thirty years, with twenty-four years of service as a school superintendent, he holds five degrees and has published numerous articles on leadership, team building, management, and human relations. Dr. Akenhead has served as coordinator of a graduate administration degree program and has taught graduate courses in administration and counseling for eighteen years. Jim is presently director of The Ohio Network: Training and Assistance for Schools and Communities. This paper discusses the application of Hemi-Sync technology, in four different formats, to enhance the instructional environment during the delivery of a conflict-management workshop for administrators. An overview of workshop content objectives is presented, as are the results of a basic statistical analysis of participants' perceptions.

As a career educator and consultant for more than thirty years, I am continually interested in methods to enhance instruction in professional workshops, seminars, and presentations. After facilitating several hundred workshops, I consider anything that helps tired and sometimes burned-out people get more out of presentations. Ways of improving content presentation, adding humor, and varying instructional techniques and processes all receive attention. Last summer I experimented with yet another dimension to aid workshop participants in getting the most for their time and effort. This project involved the use of Hemi-Sync for enhancing the delivery of a workshop on conflict management.

Workshop Objectives

The workshop objectives were threefold. Clearly, a primary focus was to provide the participants—a group of school administrators—with the skills and understanding necessary to make them better conflict managers. In addition, I wanted to use the Hemi-Sync technology to enhance the workshop learning environment and to give the administrators a tool they could use to maintain a "centered" state in which they would be able to deal more effectively with conflict situations (in much the same way that an athlete's personal state contributes to performance).

Content

The curriculum for the conflict-management phase of the workshop included a personality style analysis of each participant and a comparison of each participant's style with a hypothetical style profile deemed to be highly productive in managing conflict situations. Following the style analysis, participants were given lectures, structured activities, and simulations that acquainted them with the nature of conflict and methods for conflict resolution.

Hemi-Sync Technology

At the beginning of the workshop, participants were told that Hemi-Sync would be used to enrich the workshop environment and to provide them with some personal resources that could be helpful to them in actual conflict situations. Technical aspects were explained briefly. The explanation included information on brain-wave technology, including the discovery and development of the Frequency Following Response and its capacity to support productive brain-wave patterns.

Concentration

The *Concentration* tape was used during the lectures and question-and-answer portions of sessions. The technology and rationale were explained, and the volume was raised so the tape sound could be heard. Thereafter, the volume was adjusted to fade into the background.

METAMUSIC

Participants were told that *METAMUSIC* would be used during small group discussions and breaks. Selections included *Cloudscapes* and *Daybreak*. Participants were assured that there were no subliminal messages on the *METAMUSIC* tapes.

Exploring

Exploring (with Hemi-Sync) from the series *Journeys into Creative Problem Solving*, developed by Applied Creative Leadership Systems, Inc., was introduced during the last phase of the workshop. This provided people with an additional resource for creating and exploring options for use in problem solving and in planning related to conflict situations.

H-PLUS

The *Prep* side of *H-PLUS Relax* was introduced as a system for bringing about full-body relaxation when the required time and privacy were available. The *Relax* side of the tape was presented as a means to learn a personal code or anchor that could effect a relaxation response in almost any situation without the need for a prolonged process. This kind of personal code was compared to a person's consistent response to a favorite song. It was suggested that, once developed, the *H-PLUS* code would initiate the relaxation response in the same way a favorite song initiates a particularly positive feeling.

To make participants as comfortable as possible with this new

experience, everything on the tape—including the wording and the rationale for each side of the tape—was explained. Each person had been asked to bring a Walkman™-type stereo player to the workshop. Tape use was a scheduled part of the activities. On the first day, participants listened to *Prep* before lunch. They agreed to listen to it again that evening. *Prep* was also used before lunch and on the evening of the second day. At lunchtime on the third day, participants heard the *Relax* side of the tape for the first time. They were then encouraged to begin using the code [Function Command] whenever they wanted to bring about personal relaxation.

...H-Plus Relax was perceived by participants to have an impact on their state of relaxation.

Participant Perceptions of Hemi-Sync

It was decided to evaluate the Hemi-Sync technology through the perceptions of the participants. Each person was asked to complete a personal perception form, giving his or her reactions to each of the Hemi-Sync applications. Thirteen of the fifteen participants completed the form. Two had to leave the workshop early because of unexpected business problems.

Statistical Analysis

To derive maximum usefulness from the perception evaluation, a statistical analysis was performed. Anytime an opinion is asked, a perception is recorded, or a measurement is made, some differences will occur on the basis of "chance" only. A statistical analysis uses mathematical formulas to determine if the differences in response are most likely related to chance or if they are most likely "real," and therefore more useful in drawing conclusions about the project or experiment.

In this case, the Kolmogorov-Smirnov statistical test was selected as particularly appropriate for examining the difference between how a group would normally be expected to respond and how they actually respond. Each area of the perception form was examined.

Area I—The Hemi-Sync *Concentration* tape used during lectures and presentations had the following effect on my ability to focus on content material:

Expected Distribution

Distracted Me..... 0 .....

Normal Focus ..... 13 .....

More Focused ..... 0 .....

Actual Responses

Distracted Me..... 2 .....

Normal Focus ..... 8 .....

More Focused ..... 3 .....

Statistical analysis of this area indicated that the differences in responses were likely due to chance. For this reason, we could not conclude that the *Concentration* tape accounted for the differences in perception.

Area II—The use of *METAMUSIC* before, during, and after group discussions had the following effect on my level of comfort and productivity:

Expected Distribution

More Uncomfortable ..... 0 .....

Normal Comfort ..... 13 .....

More Comfortable ..... 0 .....

Actual Responses

More Uncomfortable ..... 1 .....

Normal Comfort..... 7 .....

More Comfortable ..... 5 .....

Statistical analysis of this area indicated that the differences in responses were likely due to chance. For this reason, we could not conclude that the use of *METAMUSIC* tapes accounted for the differences in perception.

Area III—The use of the *Exploring* tape for increasing creativity in planning or problem solving had the following effect on me:

Expected Distribution

Felt Less Creative ..... 0 .....

Felt Normal Creativity ... 13 .....

Felt More Creative..... 0 .....

Actual Responses

Felt Less Creative ..... 3 .....

Felt Normal Creativity ... 9 .....

Felt More Creative..... 1 .....

Statistical analysis of this area indicated that the differences in responses were likely due to chance. For this reason, we could not conclude that the *Exploring* tape accounted for the differences in perception.

Area IV—The use of the *H-PLUS* process for producing a relaxation response had the following effect on me:

Expected Distribution

Less Relaxed ..... 0 .....

Normal Relaxation ..... 13 .....

Increased Relaxation..... 0 .....

Actual Responses

Less Relaxed ..... 0 .....

Normal Relaxation..... 3 .....

Increased Relaxation..... 10 .....

Statistical analysis of this area indicated that the differences in responses were not likely due to chance. For this reason, we may

state that the use of the *H-PLUS* tape accounted for the differences in the perceptions of the participants.

General Conclusions

Concentration—Based on analysis of participants' perceptions about the effects of various tapes during the workshop, the *Concentration* tape was not perceived as affecting the focus or alertness of the group. It was noted, however, that due to the nature of this tape, personal perception may not be the best way to evaluate its effectiveness. A system to evaluate an actual increase in skill or knowledge following use might be more appropriate. Even though the statistical analysis did not indicate an impact on participants' ability to focus more intently, the facilitators believed that there may have been more impact than was perceived. The reason for this conclusion: although conditions in the workshop environment were hot and humid, participants seemed well focused. Normally, this type of setting would have worn down their attention span. Some distraction was noticed when Bob Monroe's voice became audible as the tape recycled on the auto-reverse equipment.

METAMUSIC—Participants thought *METAMUSIC* selections, including *Cloudscapes* and *Daybreak*, had a positive effect on their levels of productivity and relaxation during small group discussion sessions and breaks. Workshop facilitators felt that the music was enjoyable for all, including the instructors. Standard stereo equipment (with four speakers, one in each corner of the room) was used for sound delivery. No problems occurred relative to the use of the music tapes.

Exploring—Use of this tape for guided imagery and for enhancing creativity in planning and problem solving was not perceived as helpful by the group. Facilitators attributed this response to placement in the workshop format and time constraints. *Exploring* was introduced at the end of the workshop, time was short, and the room was very hot and humid. These factors were not conducive to creating an environment for optimal use. The tape will be used in the future with a better understanding of the conditions that would maximize its impact.

H-PLUS—The *Prep* side of *H-PLUS Relax* was perceived by participants to have an impact on their state of relaxation. Many people mentioned this effect. Approximately fifty percent said they could not believe anything could relax them to the degree that was accomplished. There was insufficient time to assess uniformity of results with the Function Command. However, several comments indicated that the relaxation response was present when it was used.

Summary and Personal Observations

Facilitators believed that the Hemi-Sync technology used in this project enhanced the delivery of the conflict management seminar. Statistical analysis is basic in nature and is built on the personal perceptions of the participants rather than on hard data. Even the basic statistical approach employed in this instance added an additional portion of credibility to the conclusions drawn.

Problems were minimal. Obtaining personal tape players for each individual was more of a logistical difficulty than was anticipated. Moving the stereo equipment in and setting it up went smoothly. Careful orientation resolved most questions about the nature and intent of the tapes. Some did see the tapes as similar to hypnosis; one person feared a conflict with personal Christian beliefs. These concerns arose despite the careful orientation, which will be repeated at succeeding seminars. The technology is demonstrating its value and will see continued use with those interested in improving their personal performance and satisfaction.

REFERENCES

Coulson, Louis T., & Strickland, Alison. 1990. *Journeys into Creative Problem Solving: Inviting Insights and Inventing Ideas through Imagery*. Seminole, Fla.: Applied Creative Learning Systems, Inc.

USE OF THE HEMI-SYNC *SUPER SLEEP* TAPE WITH A PRESCHOOL-AGED CHILD

by Leanne Rhodes, PhD

Leanne Rhodes is an educational consultant in private practice in Modesto, California. In addition to her work with individual client families, Dr. Rhodes trains other professionals in infant and young child assessment techniques and offers workshops. She has been a professional member of The Monroe Institute since July of 1987. Here, Dr. Rhodes describes her use of Super Sleep *to modify a youngster's disturbed and disruptive sleep cycle.*

George was born two months preterm with hyaline membrane disease and a variety of additional conditions of lesser severity. Between the ages of ten months and approximately three years, he participated in a home-based, parent-implemented infant education program designed and supervised by me. At two years and nine months, he was also receiving speech and language therapy services, was experiencing feeding difficulties, and was exhibiting considerable upset in response to even minor changes in his routine. Intelligence-test data indicated a preponderance of performance within the normal range. However, areas of clear deficit continued to exist.

Although it was possible to complete an evaluation in one sitting (which had not been true in the past), it was also true that behaviorally George continued to be the human equivalent of a horse that needs blinders to function. As described by his caregivers, George's need for attention and supervision did not cease with the advent of sleep, a characteristic that interfered with all aspects of functioning, both his and that of those who cared for him.

Recent reports indicated that George's sleeping behavior no longer represented a problem to himself or anyone else.

In an effort to influence George's sleeping behavior positively, it was decided to introduce the Hemi-Sync *Super Sleep* tape into his nighttime environment following a suitable period for collection of baseline data. *Super Sleep*, which is played continuously throughout the night, entrains the brain through successive, normal sleep cycles. In other words, it is designed to guide an individual into sleep

and maintain the sleep state.

Data was collected on the number of wakings per night and the severity of wakings. The number of wakings represented a straightforward count of the number of times the adult was awakened by George in any one night. The severity of wakings was judged by the action that was or was not required to assist George to return to sleep. Possible ratings were (1) the adult was awakened, George was disturbed and restless, but it was unnecessary to do anything with him; (2) the adult was awakened and had to get something for George in order for him to go back to sleep, but actual physical comforting was not necessary; and (3) George was extremely upset and the adult had to comfort him until he calmed down enough to sleep. The severity rating equaled the sum of the ratings for any given night.

The baseline period consisted of thirty-two contiguous nights followed by sixty-eight nights of continuous use of *Super Sleep*. A summary of salient information follows: During the baseline period, the total number of wakings was 46, or an average of 1.44 per night or 10 per week. Following the introduction of the *Super Sleep* tape, the number of wakings was 41, or 0.6 wakings per night, for an average of 4.2 per week. Had there been no effect from the tape (and it represented the only detectable change in George's life and routine during this period), interpolating from baseline data, one would expect to see approximately 98 wakings during the intervention period. The percentage of nights with 0 wakings during the baseline period was three percent (equal to one night). During the intervention period it was fifty-seven percent (equal to thirty-nine nights).

Data for the intervention period includes three nights during which George was actively sick with the flu. Excluding these three nights on the basis that the baseline period includes no such incidence of illness, the resulting figures are as follows: total number of wakings, 35 instead of 41; severity of wakings, 51 instead of 60. Average severity of upset remained unchanged. Average number of wakings per week became 3.8 instead of 4.2. The percentage of nights where George slept through rose to sixty.

Severity of wakings during the baseline period totaled 72; during the intervention period, severity of wakings totaled 60. If *Super Sleep* had no effect, interpolation of data collected during the baseline period would lead one to anticipate a severity-of-wakings total of 153. Average severity of upset when wakings did occur was relatively constant throughout the 14.3-week period (i.e., 1.57 versus 1.46).

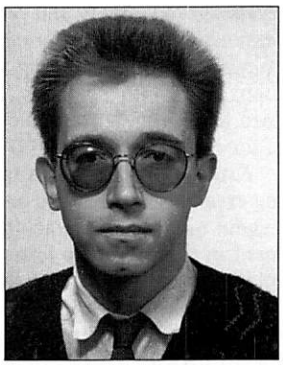
In my opinion, the best conceptual summary of this data is represented by the dramatic increase in the percentage of nights during which George did not awaken during the baseline period as compared to that exhibited during the intervention period: three percent as opposed to sixty percent (excluding nights when he had the flu). For the first time in the memory of his caregivers, both they and George experienced a majority of nights in which everyone involved slept through the night.

It might be hypothesized that the simple addition of some sort of sound to at least a portion of the nighttime environment was enough to produce this change. However, the entire time under discussion (baseline and intervention) included use of a verbal sleep tape, most simply described as repeated stating of positive affirmations concerning George's behavior and functioning. This was played for thirty minutes each night after he was put to bed. *[Ed. note: See HEMI-SYNC JOURNAL, Summer 1990, Vol. X, No. 3, for a more complete description.]*

Additionally and anecdotally, George began going back to sleep after his roommate left for school (a hitherto unknown event), worked harder and more persistently at tasks, spoke more clearly and accepted correction of his speech more readily, listened better and was less easily frustrated, started to enjoy books and to sit still for stories to be read to him, and slept through the opening and closing of his bedroom door. The latter event used to wake him even though the adult detected no sound. Some forms of separation also became easier for him to tolerate—a ten-day absence of his foster mother and father produced no noticeable negative reaction. These all represented new behaviors in George's repertoire or increases in behaviors that were previously seen with less frequency. Recent reports (as of early September 1991) indicated that George's sleeping behavior no longer represented a problem to himself or anyone else.

The *Super Sleep* tape has been used with a variety of other children with differing diagnoses and degrees of parental compliance regarding consistency of use. The data-keeping regimens ranged from reasonably complete to anecdotal and the results from totally successful to no effect noted. If this data proves amenable to organization and description, it will be presented in a later issue of this journal.

THE EFFECT OF HEMI-SYNC ON THE SLEEP OF HYPNOTICS-ADDICTED PATIENTS



by Regis Louis, MD

Regis Louis is a psychiatrist in private practice in Melun, France, south of Paris. In his practice, relaxation techniques, hypnosis, and neurolinguistic programming (NLP) are used, as well as Hemi-Sync. He also has an interest in transpersonal psychology and is a member of the American Association of Transpersonal Psychology and the International Association for Near Death Studies (IANDS). In this report he describes a pilot study using Hemi-Sync to improve sleep quality for habitual users of sleeping medications.

The intention of this survey was to determine, within my psychiatric practice, whether Hemi-Sync technology could help people who were taking sleeping medications to sleep better and perhaps to stop or to reduce drug dosage.

Five subjects were selected—all women between twenty-six and sixty-one years old. Each patient suffered from sleeping disorders associated with other mental illness: two had depressive disorder, three suffered from anxiety, one had an eating disorder, and one had an obsessive disorder. They had been taking sleeping medication (hypnotics) for between two and five years. Three women were also taking benzodiazepine and three others some type of antidepressant.

...Hemi-Sync had a benign effect on sleep patterns.

All patients agreed to the following regimen: to listen to the tape with Hemi-Sync frequencies (a tape custom-made in the lab with the sleep processor) at bedtime; to repeat the tape if they awakened during the night; and to complete a printed form noting

the time they went to bed and the time they got up, the duration of sleep, how many times they woke up during the night, and the quality of their sleep and that of the following day. Additional remarks were requested. The form was filled out before and during the period of tape use. The period of the study varied from three months to six months.

Results

Of the five subjects, four listened to the tape for more than three months and only two filled out the report form correctly. They were seen for examination at least once every two weeks.

Three phases were noticed for all the subjects:

* During the first phase (one or two weeks) sleep became better in the opinion of all five. They fell asleep quickly and woke up less during the night. Records showed that length of the sleeping period itself did not change significantly compared to the period without the tape.

* In the second phase, two to four weeks long, sleep was felt to be more restless and troubled. This was because the subjects were beginning to dream again, to remember those dreams, and to want to move during the night. It was explained to them that their sleep was returning to normal patterns, with a succession of deep sleep and dreams.

* For the third phase, between one month and one-and-a-half months after beginning the study, sleep was felt to be unchanged. That is, they did not perceive further improvement. Actually, during the third month, their opinion of their sleep quality was good or rather good. Duration of sleep had increased to one hour more than at the beginning of the experiment. Everyone noticed fewer awakenings during the night. Two subjects who continued to listen to the tape for another three months did not have a dramatic change for the better. Of the five, one decreased her sleeping medication by fifty percent after three months, although none had been told that this tape practice could help them give up drugs.

Discussion

It is obvious in these five cases that Hemi-Sync had a benign effect on sleep patterns. All the subjects agreed that at the beginning they fell asleep faster and more easily, with fewer awakenings during the night. However, a conflict soon appeared between the Hemi-Sync patterns, which led the patients into normal sleep, and the wish of those long-term addicted patients who know that a *good* night is "I take my medication and sleep like a stone until morning, and I do not want any activity during that sleeping time, especially any dream." So, when the tape brings them back to the alternation of deep and light sleep, the patients begin to comment that the "gift-tape" is not so good. This phenomenon is not due to Hemi-Sync; after using sleeping medication for so long, one forgets what normal sleep is like.

Although all five subjects found the tape "interesting," only one succeeded in reducing her medication. The other four thought it was "not enough to stop the drug." The comfort and ease of taking a pill and sleeping without any effort is a difficult addiction to fight.

Although this patient group was not large enough to make any statistical conclusion, one can infer that Hemi-Sync seems useful for promoting improved sleep patterns in patients who take hypnotics. A larger random study would provide more conclusive evidence. But however helpful it may be, wearing headphones each night is seen as more constraining than taking a pill. Nevertheless, it is evident that another choice is available, especially for those who habitually take sleeping medication. *[Ed. note: A comfortable pillow with built-in, high-quality stereo speakers is available from Interstate Industries, Inc., at (800) 541-2488. Use of this pillow may be more acceptable than headphones.]*

THANK YOU

Please accept our deepest appreciation for your continuing generous support of The Monroe Institute. Your contributions allow us to move forward in our research, and expand the frontiers of human consciousness development for the benefit of our growing global community.

THE MONROE INSTITUTE BOARD OF ADVISORS

James Beal
Wilson Bullard, PhD
Thomas Campbell, MS
Gregory D. Carroll, PhD
Albert Dahlberg, MD, PhD
Eleanor Friede
William H. Herrmann
Fowler Jones, EdD
Suzanne Evans Morris, PhD
Joseph Chilton Pearce
Jill Russell, LCSP
David Stanley, MD
Constance M. Townsend, MD
Stanley J. Townsend, PhD
Raymond O. Waldkoetter, EdD
Marguerite Q. Warren, PhD

HEMI-SYNC™ Journal

The **HEMI-SYNC™ JOURNAL**, a publication of The Monroe Institute, offers current reporting on research and application of the Hemi-Sync™ technology in a variety of professional fields.

The Monroe Institute is a 501(c)(3) nonprofit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness.

The **HEMI-SYNC™ JOURNAL** is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia 22938-9749. Telephone: (804) 361-9132. Membership/subscription rates from $50 to $150 per year.

Managing Editor: F. Holmes Atwater.
Editor: Shirley Bliley.

© 1993 The Monroe Institute. All rights reserved. No part may be reproduced without permission. **POSTMASTER:** Send address changes to Route 1, Box 175, Faber, Virginia 22938-9749.